



JIGSAW Annual Report

Monday 6th June 2022

JIGSAW has had yet another busy and successful year despite Covid-19. Our membership has grown, and our activities have expanded.

Grants

In June 2021 we were invited to apply for a further **Covid-19 grant** from the Worcestershire Community Foundation and in October we were awarded £4,187 for which we were extremely grateful. The grant was awarded to enable JIGSAW to work on two projects and associated activities:

1. Live streaming of guest speakers via Zoom
2. Sustainability and contingency plans

We have made headway with the live streaming of Zoom meetings and have purchased a mobile Wi-Fi device and SIM card to connect our laptop with the internet and enable Zoom meetings in our new venue.

The grant period was due to end in March 2022, but we have been allowed an extension until September this year to complete our sustainability project to gain corporate sponsorship.

We were also fortunate to receive **2 grants from County Councillor's Divisional Fund**. Tom Wells awarded us £500 in August 2021 and Beverley Neilson also awarded us £500 in February 2022. These grants have enabled us to finance our core funding costs to keep the group running.

In March 2022, we received an award and a **grant for £2,000 from Richard Amphlett, the High Sheriff for Worcestershire**. During his year of office, he held several charity events to support mental health charities including JIGSAW. The grant was administered by the Worcestershire Community Foundation, and we officially received the grant into our bank account at the end of April. This grant will be used to cover the costs of hiring private venues for the coffee mornings and securing public liability insurance. It will also be used for training and development for JIGSAW trustees with online courses run by the National Council for Voluntary Organisations.

This much needed and welcomed financial support has enabled us to expand our activities and reach out to an increased number of carers across Worcestershire.

Until the Covid-19 restrictions were eased, we continued to hold our regular monthly meetings via Zoom. In June, we held our AGM and first face-to-face meeting at our new venue, the club house at Malvern Victoria Bowling Club in Malvern Link. We continued to observe social distancing and wore masks and used hand sanitiser.

Coffee Mornings

In August we held our first Coffee Morning at the Boston Tea Party in Worcester. This proved to be popular with existing members and new carers who were able to meet us in a more relaxed setting and find out about JIGSAW. We now hold monthly coffee mornings. We meet from 10am to 12pm midday at a venue either in Malvern or Worcester and vary the day of the week making it a bit more flexible for carers to attend. Feedback from the coffee mornings has been positive but we are looking to hire a venue which would afford more privacy for carers when discussing sensitive issues and still have access to coffee and cake.

Feedback Forms

These are sent out electronically to everyone who attends our meetings. We ask for anonymous feedback about how helpful they have found the meeting and what we could do to improve future meetings.

It became clear that some members preferred face-to-face meetings whilst others liked meeting online via Zoom. Some members preferred to have a speaker at the meetings, and others requested Open Meetings with more time to talk and get to know other carers and share common concerns.

The feedback has helped us develop and improve our coffee mornings. It has definitely been good to hear members views as we have developed our Zoom online meetings. We have been slowly ironing out technical difficulties and improving our skills in running online meetings. Our plan is to run Zoom meetings simultaneously with our face-to-face meetings.

Monthly Meetings

Our regular monthly meetings have been varied and informative. Initially they were held via Zoom, but we were pleased to return to face-to-face meetings in June.

- April 12th Bipolar UK (*via Zoom*)
- May 10th The new Community Mental Health Link Worker Team (*Zoom*)
- June 7th Annual General Meeting
- July 5th Psychiatric Medication (*Zoom*)
- August 2nd Open Meeting
- Sept 6th Update on Mental Health Services in Worcestershire
- October 4th Social Prescribing
- Nov 1st Springfield MIND Safe Haven Mental Health Support Line
- Dec 6th Open Meeting and Christmas Raffle
- Jan 10th Malvern Neighbourhood Mental Health Service
- Feb 7th The Role of the WAC Community Mental Health Worker
- March 7th Open Meeting

Additional meetings were held on:

- June 3rd Meeting with the High Sheriff for Worcestershire (*Zoom*)
- July 12th Carer's Strategy Focus Group meeting (*Zoom*)
- Sept 20th Crisis Team/Assessments and Admissions and Patient Engagement

Christmas 2021 - We decided not to hold our Christmas meal and social event due to the prevalence of the Omnicom Variant.

Attendances

Throughout the year we had a total 244 attendances and had 20 new attendees. Our highest attendance was 19 in January for a talk given by Stuart Searle-Jones the clinical lead for the Malvern Neighbourhood Mental Health Service

Website Statistics *(see attached report)*

Darius has continued to develop our web page and promote awareness of the group through our newsletters, Facebook page and our Twitter account. The website has been adapted so a much higher percentage of people are now able to access our site on mobile phones and tablets.

Committee Meetings

We held an Extraordinary Committee Meeting in June 2021 to discuss and approve funding proposals for a further Covid-19 Appeal Grant.

Regular Committee Meetings were held in August and November 2021 and March 2022

We developed and approved a Code of Conduct policy for Zoom online meetings.

Networking and Signposting

We continue to maintain contact and have links with many other organisations throughout Worcestershire:

- **Healthwatch** – independent consumer champion – giving the public, patients and users of health and social care services in Worcestershire a voice
<https://www.healthwatchworcestershire.co.uk/>
- **Worcestershire Health and Care NHS Trust** – Adult Mental Health Services
<https://www.hacw.nhs.uk/>
- **Link Nurseries** – a community-focused horticultural centre providing therapeutic and vocational services and activities for people recovering from mental ill health
<https://wcg.ac.uk/linknurseries>
- **Malvern Mindfulness** – offering Mindfulness based health interventions -
www.malvernmindfulness.co.uk/
- **Worcestershire Association Carers (WAC)** – a local charity offering information, advice and support to all carers www.carersworcs.org.uk/

- **Community First** – specialise in providing high quality advice and support to community groups and organisations in Hereford and Worcestershire, to help them grow and meet the needs of the communities they serve www.comfirst.org.uk/home
- **Malvern Theatres** run workshops and events in Great Malvern www.malvern-theatres.co.uk/take-part
- **Social Prescribers** – Social Prescribing aims to support individuals to take greater control of their health and feel more empowered to look after themselves. www.onside-advocacy.org.uk/social-prescribing
- **Disability Information and Advice Helpline (DIAL)** www.dialsworcs.org.uk/
- **The Fold at Bransford** – a centre promoting sustainable and healthy lifestyles. A popular venue for our coffee mornings. <https://www.thefold.org.uk/>
- **Aspie** – a social, support and therapy group for adults with Asperger's Syndrome (Aspies) www.aspie.org.uk/
- **National Council for Voluntary Organisations (NCVO)** is the umbrella body for the voluntary and community sector in England. Provides online training for volunteers. www.ncvo.org.uk/

Training and Workshops

Our members have been able to attend training sessions run by the Worcestershire Association of Carers.

Our Pilates sessions for carers are running face-to-face at the Malvern Victoria Bowling Club House every Tuesday evening starting at 6.45pm and online (at home) on Fridays at 4.30pm. Sessions are £6.00 paid in advance.

Fundraising 2021/2022

- | | |
|--|--------|
| • Sale of 2 nd hand massage chair | £60.00 |
| • Community Action 4 th December Christmas Fayre & Coffee morning | £46.00 |
| • JIGSAW Christmas raffle | £42.00 |
| • Community Action 19 th March Spring Fayre & Coffee morning | £42.00 |

Donations were gratefully received in 2021:

- | | |
|----------------------------------|---------|
| • Waitrose Green Coin Scheme | £333.00 |
| • Sue Davidson (via Just Giving) | £97.90 |
| • Jim and Marian Latham | £50.00 |
| • Polly Clare | £48.85 |
| • Brendan Young | £10.00 |

Sue Nichols

Secretary / Chairperson

6th June 2022

JIGSAW - WORCESTERSHIRE MENTAL HEALTH RELATIVE & CARER'S SUPPORT GROUP**INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
INCOMING RESOURCES			0	
Donations and Legacies	1,701		1,701	110
Worcestershire Covid Response Appeal Grant		4,187	4,187	3,400
Funds Transfer				
TOTAL INCOMING RESOURCES	<u>1,701</u>	<u>4,187</u>	<u>5,888</u>	<u>3,510</u>
RESOURCES EXPENDED				
Room Hire	70		70	0
Speakers			0	30
Telephone		58	58	122
Stationery		34	34	68
Web Site Management/Marketing and Publicity	1,587	2,971	4,558	3444
Computer/Projector Costs		144	144	200
Sundry Expenses	55	42	97	45
	<u>1,712</u>	<u>3,249</u>	<u>4,961</u>	<u>3,909</u>
NET INCOMING/(OUTGOING) RESOURCES	-11	938	927	-399
TOTAL FUNDS BROUGHT FORWARD	<u>170</u>	<u>1,393</u>	<u>1,563</u>	<u>1,962</u>
TOTAL FUNDS CARRIED FORWARD	<u>159</u>	<u>2,331</u>	<u>2,490</u>	<u>1,563</u>
<u>TOTAL CASH FUNDS</u>	<u>159</u>	<u>2,331</u>	<u>2,490</u>	<u>1563</u>

JIGSAW - WORCESTERSHIRE MENTAL HEALTH RELATIVE & CARER'S SUPPORT GROUP

STATEMENT OF ASSETS AND LIABILITIES 31 MARCH 2022

	2022	2021
	£	£
Liabilities		
Room Hire	45	0
Web Site Management/Marketing and Publicity	<u>0</u>	<u>643</u>

The Statement of Financial Activities were approved by the Board of Trustees and signed on their behalf by:

Trustee

Date